Girls on the Run of NOVA

Girls on the Run

- Youth development program for girls grades 3-5
- Teams of 8-20 girls
- 10-week curriculum teaches girls to be strong, healthy and confident
- Discuss topics like positive thinking, standing up to peer pressure, positive body image, and healthy relationships
- Celebratory 5K run to end the season. Open to friends and family!

How to Register

Register online via our homepage www.gotrnova.org

August 22 through September 19

Fall 2016 Season
September 26 – December 9

Program Fees & Financial Assistance

Program fee: $175

Coaches’ Daughters: $110

Military Discount: $150

Sibling Discount: $150 for second child

Fees for Qualifying Families with Financial Need: $22 or $75

Season Details

Practice Location: OBE (Music Room) (site)

On: Tuesdays & Thursdays (days)

From: 3:30 to 4:30 (time)

Your Head Coach is: Cindy Woll